



Folsom Lake Paddleboarding: A Guide to Flat Water Stand Up Paddling (Paperback)

By Vie Binga

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own stand up paddle board? Do you want to safely introduce paddle boarding to your friends and family? Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness? Are you a stand up paddle board retailer or SUP rental facility? Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear? Are you a fitness buff wanting to enhance your exercise regime? Are you an outdoor enthusiast looking for an easy year round activity? Are you an athlete looking to cross train? If you answered yes to any of the above, then this book is the answer to all your questions. This book begins by studying the gear that is essential for paddle boarding. If you already own or have otherwise access to a paddleboard and/or other SUP gear, this book will help...



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Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

-- **Prof. Geraldine Monahan**

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

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